

Spinach Stuffed Potatoes

Makes: 6 servings

Ingredients

- 6** potatoes (baking)
- 1/4 cup** sour cream, light
- 1/4 cup** tofu, silken soft
- 1 package** spinach (10-ounce frozen, thawed and drained)
- 1/4 cup** green onion
- 1/4 teaspoon** pepper
- 1/2 cup** cheddar cheese, low-fat (grated)
- 1** garlic and herb seasoning (example: Mrs. Dash)

Directions

1. Thaw the spinach before you cook this recipe! After it thaws, drain any extra water from the spinach.
2. Preheat the oven to 350 degrees.
3. Wash and scrub the potatoes.
4. Bake the potatoes in for 1 hour till they're tender and you can pierce them with a fork.
5. Wash and chop the green onion until you get 1/4 cup onion.
6. Put the sour cream, tofu, spinach, onion, pepper and cheese in a mixing bowl. Mix well.
7. When the potatoes are baked, let them cool. Then use a spoon to scoop out the inside of the potato. Add the inside of the potato to the sour cream mix. Stir together.

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	N/A
Total Carbohydrate	30 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

8. Stuff the potato skin shells with the mixture.
9. Sprinkle the potatoes with the garlic and herb seasoning.
10. Bake the potatoes for 20-25 minutes until they're a little brown.

Notes

You can use part-skim mozzarella cheese in place of lowfat cheddar cheese.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes